

St. John The Theologian Catholic Church
(Byzantine-Ukrainian Rite)

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SUNDAY OF CHEESEFARE



Let us begin the fast with Joy!
Let us prepare ourselves for spiritual efforts!
Let us cleanse our soul and cleanse our flesh!
Let us rejoice in the virtues of the Spirit and fulfill them in love, that we all may see the
Passion of Christ our God and rejoice in spirit at the Holy Pascha!

Pastor: Rt. Rev. Msgr. Anton Szymychalski – Mitred Archbishop
In retirement: Rev. Basil Kondusky
Parish Secretary – Mrs. Chrystyna Tymczyszyn

**Parish office is open Tuesday – Friday from 8:30 a.m.- 12:00 noon for
phone calls only!**
No visitors please!

After hour EMERGENCIES ONLY please call (905) 327-3563

**Sunday Divine Liturgy will be livestreamed on our Facebook site (St. John Byzantine
Ukrainian Church) every Sunday at 10 a.m.**

February 14, 2021 – Sunday of Cheesefare

Epistle: Rom. 13:11-14:4 Gospel Reading: Mt. 6:14-21

DIVINE LITURGY SERVICES (all services will be livestream only):

Sun. Feb. 14th: 10:00 a.m. Divine Liturgy – Sunday of Cheesefare

Sun. Feb. 21st: 10:00 a.m. Divine Liturgy – 1st Sunday of Lent

OFFERINGS:

Sunday Donations: Feb. 7th: \$1,070.00 Automatic debit donations: \$305.00

Church Donations in memory of +Roman Borowyj: M. Kozachenko \$20.00; O. Czerwoniak \$300.00
D. Czerwoniak & family \$400.00; O. Zwozda \$100.00; B. & M. Trush \$25.00; M. Lewicki \$25.00;
A. Atamanuk \$35.00; J. & O. Pryshlak \$50.00; B. & H. LaCombe \$20.00; M. & C. Dzugan \$30.00;
M. Hempel \$50.00; Anonymous \$25.00; W. & S. Cybulak \$20.00

Church Donations in memory of +Paul Holubowsky: A. Atamanuk \$35.00; B. & M. Trush \$50.00;
D. & L. Osadec \$50.00; J. Badiuk \$25.00; J. & O. Pryshlak \$50.00; B. & H. LaCombe \$40.00;
Anonymous \$25.00;

Church Donations in memory of +Thomas Bayer: M. Slobodian \$100.00; B. & M. Trush \$25.00;
L. Halowski \$50.00

Church Donation: W. & S. Cybulak (in memory of +Olga Tatarniuk) \$20.00; W. & S. Cybulak (in memory of +Marion Hanysh) \$20.00; B. & M. Trush (in memory of +Anne Diakow) \$30.00

Maintenance Fund: W. & A. Krawchuk (in memory of +Roman Borowyj) \$20.00; W. & A. Krawchuk (in memory of +Paul Holubowsky) \$20.00

We are most grateful to all of you who have been donating for the support of the church.

God bless you and keep you in His loving care.

PLEASE PRAY FOR OUR SICK AND SHUT-IN:

Kateryna Dacko, Alexandra Matychuk, Lesia Melnyk, Olga Onyschuk, Stephania Zubatiuk, Bob French, Helen Brodoway, Rose Kondusky, Matteo Niickolai Grochowina-Totolo, Sharon Cybulak, Greg Kondusky, Heidi Walters, Fr. Basil Kondusky, Tena Wowchuck, Sharon Hudgen, Paula Kozachenko, Sawyer Christie, Phyllis Romak, Ricki Holubowsky, Walt Cybulak, Helen Kokotka, Fr. Walter & Mary Dacko, Nicole Demers, Ellen Ternowski & Colette Saranchuk .

Lord, Jesus Christ, You who traveled throughout Galilee healing the sick, enabling the blind to see and the lame to walk, bring healing to Your people who need it this day. Give peace to the minds of those who are tortured by mental illness and anxiety. Comfort those who are alone in their illness. May Your people reach out to them and all who are in need this day. Send grace to the caregivers, that they might be effective and gentle agents of Your loving mercy. May our sufferings be united with Yours to bring healing to people throughout the world. Amen

***THIS WEEK OUR SANCTUARY CANDLES BURN
IN MEMORY OF +PAUL HOLUBOWSKY REQUESTED BY THE PARISH.***

EFFECTIVE until FURTHER NOTICE:

NEW RESTRICTIONS FOR THE CITY OF ST. CATHARINES

Religious Services Gathering limits for religious services: 10 person capacity

The parish liturgical services will not be open to the public due to the limit imposed by the government on religious services.

We will continue to livestream our Divine Liturgy on Sundays at 10:00 a.m. through our Facebook page or our website page.

Our Annual Meeting has been postponed until further notice. We still are looking for people to fill the following Parish Council positions: Vice-Chairperson and Treasurer. If you are interested in putting your name forward for either position or have any questions regarding the duties of the positions, please call the parish office. Please remember that Parish Council works to promote unity - keeping the parish together by enabling people to think, pray, work and play together.

ST. JOHN'S KITCHEN will be closed until further notice due to the provincial wide shut-down. We ask that all our parishioners and families adhere to the government regulations to limit contact with people and stay within their households. Please only leave your homes for essential trips. If we all do our part, we can limit the spread of this virus while keeping everyone safe.

Don't forget, you can also sign up for the Automatic Debit Program for Sunday Donations. A simple, safe and easy way to support your parish! Please contact the parish office for more info.

St. John's Weekly Envelopes 2021 are available for pick up in the church office or they can be picked up once services resume after the shut-down. If you would like to pick them up from the office, we ask that you please call ahead to book an appointment.

Please remember if you have an appointment to visit the parish office, you must wear a mask and go through our COVID screening before you can enter the office. We thank you in advance for your co-operation!

**Sincerest sympathies to the Holubowsky family in the loss
of their dear husband, father, grandfather, brother and
brother-in-law
+Paul Holubowsky.
Vichnaya Pamyat. Eternal Memory.**

LENTEN SERVICES

Lenten prayers for the departed (Sorokousty) will be pre-recorded and available for viewing on our website on February 17th. During Lent, all are encouraged to watch from home and pray for those family members we have lost. Fr. Anton will read all names which have been submitted in the past.

Stations of the Cross will also be pre-recorded and available for viewing on our website. Parishioners are encouraged to watch weekly, to pray and reflect as we follow Jesus Christ on his way to Calvary. Stations of the Cross is a wonderful way to pray and mediate to help deepen our understanding the way of the Cross.

Lent 2021

Lent 2021 at St. John's Church begins this week. We commence our Lenten journey together as we rejoice in hope and renew our commitment to be faithful to the mission of Christ and the Church.

Lent isn't just about giving something up for a time. It's about giving of ourselves for the sake of getting closer to God. We need to give up certain vices to make extra time to communicate with our Savior. Through giving up something and giving more of ourselves to God is a wonderful opportunity to commune with God, but we can always take things a step further.

Social media break – lets face it, during this time of the pandemic it is too easy to have our phones in our hands or checking our Facebook page, posting something to Instagram or sending a tweet. Put down the phone and free yourself from the technology dependency.

Stop the gossip – Gossip is one of the best things to give up during lent and continue to give up for the rest of your life. It can be difficult to keep from spreading news, but the reality is that too many of us spread news we have no right to spread, or that is based on assumption rather than facts.

Stop the criticism – as with gossiping, criticizing others seems to have become socially acceptable, but it shouldn't be. For Lent this year, consider keeping your words in check. Recall the old adage: *If you don't have anything nice to say, don't say anything at all.*

Take time to connect with your neighbour - especially at this time, its easy to get in a rut and focus on just yourself. Try to make an effort to keep in touch with your family members and neighbours. Drop off some baking or a good book for them to read. Make a commitment to call one friend or family member a day. Not only will you make their day special, you will feel the benefit too.

Count your blessings– There is so much we fail to realize and appreciate in our lives. Take this simple 40 day challenge and write one of your blessings daily. At the end of Lent, sit down and reflect on the blessings that you have in your life.

Get moving - Spend time focusing on taking care of the body that God gave you. For Lent, commit to doing some kind of workout every single day. You can go on a walk, or even workout at home.

Daily Prayer– Take the time daily to quietly sit and mediate, pray and reflect. Prayer helps you be humbled. Through prayer we come to realize how large the world is and how minor our problems are compared to it. When praying for other people we tend to sympathize to others' problems rather than be selfish. When praying positively, we tend to see a change in our overall attitude making us feel happy both mentally and socially.

Take part in Lenten services – Make an effort to watch our pre-recorded Sorokousty and Stations of the Cross. During Great Lent we are called to renew and strengthen our relationships with others (both living and dead) and with God. Sorokousty is a beautiful way to remind us that our Christian family reaches beyond our present time and space to encompass generations past as we remember all those

who have gone before us. The Stations of the Cross helps us to discover and appreciate more and more the meaning of the suffering and death of Jesus Christ, and to unite our own earthly suffering with His.